

Carquinez Middle School
Physical Education Department Syllabus
2024 - 2025

Course Description

The Carquinez Physical Education Department adheres to the California State Standards and the John Swett Unified School District policies. Our goal is to teach the importance of developing a lifetime appreciation and understanding of health, fitness, and life skills through proper exercise, nutrition, and physical activities.

SAMPLE ACTIVITIES

TEAM & INDIVIDUAL ACTIVITIES	FITNESS + NUTRITION ACTIVITIES
Basketball	Aerobic Fitness (Mile Run/Pacer Test)
Handball	Muscular Strength and Endurance Exercises
Soccer	Stretching + Flexibility
Volleyball	Skill-Related Fitness
Badminton	HIIT
Pickleball	Muscles / Basic Food Groups

Class Goals

The students who participate regularly in physical education class will be able to:

1. Demonstrate motor skills and movement patterns needed to perform a variety of physical activities
2. Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performance of physical activities
3. Assess and maintain a fitness routine to reach the “Healthy Fit Zone” for all health-related fitness components
4. Exhibit sportsmanship, teamwork and cooperation
5. Identify and value physical activity and living a healthy lifestyle

Grading Policies and Procedures

Physical Education is a participation based course. **Students earn 10 points daily** by coming to class appropriately dressed for PE, participating in all daily warm ups and exercises, participation in class activities/sports, and demonstrating appropriate behavior. If a student does not follow these guidelines, they will lose points.

ALL GRADES WILL BE BASED ON THE FOLLOWING:

Participation / Social Responsibility	Health - Related Fitness	Assessments
<ul style="list-style-type: none">➤ On Time➤ Prepared➤ Active in daily activities/units➤ Weekly Run Days➤ Respectful, Responsible, Cooperative	<ul style="list-style-type: none">➤ Daily Warm Up Exercises➤ Daily Stretches➤ Daily Cardio	<ul style="list-style-type: none">➤ Assessments/Tests➤ Assignments➤ PE Portfolio➤ Projects
60%	30%	10%

Dress Policy

To ensure safety, allow for participation, and promote good hygiene, students must wear appropriate clothing **EVERY DAY**.

- Students should wear **athletic shoes with laces**. Dress shoes, heels, Crocs, flip flops, sandals or boots are not permitted due to safety concerns.
- Students will perform a **run every Wednesday**. Students should wear proper attire and footwear to school this day to allow comfort when participating.

Class Expectations

Students can expect their **PE teacher** to:

- Be RESPONSIBLE by starting class on time
- Be ORGANIZED and ready to teach
- ACHIEVE GOALS by helping you learn and preparing you for success
- BE RESPECTFUL by using a mutual respect, team based approach to learning
- BE SAFE by creating a positive environment and holding students accountable for their actions

Your PE Teacher can expect **Students** to:

- Be RESPONSIBLE by following the “Golden Rule”- Treat others the way you would like to be treated, and use the equipment appropriately for their intended use
- Be ORGANIZED by coming to class prepared every day

- ACHIEVING GOALS by staying focused, being attentive, and being an active participant. Challenging yourself to do your best, even when the task is difficult
- Be RESPECTFUL by listening to directions, using appropriate language and actions, and showing good sportsmanship when you win/lose
- Be SAFE by always thinking “safety first” - keeping your hands and feet to yourself and dressing in appropriate attire and footwear each day

Class Discipline

- 1st attempt: Warning
- 2nd attempt: Time away from class activity (walk the track / Panther Den for student support)
- 3rd attempt: Lunch Detention (Behavior reflection)
- Final attempt: Conference with principal/guardian

Technology Use

- All technology (i.e cell phone, airpods, etc.) should be stowed in the student’s backpack on silent/off, for the duration of the school day.

Restroom / Hall Pass Policy:

All students are encouraged to take bathroom breaks between classes or during break/lunch. If it is an emergency, each student is given one bathroom / hall- pass each day to use 10 minutes after the start of class, and 10 minutes before class ends. **Each pass allows only one student at a time.**

Attendance

Students lose points for an excused/unexcused absence. Students may complete make-up work to earn points back.

- Students who are absent may complete make-up work that may include but not limited to:
 - 6 laps around the track, usually on free Fridays (5 points)
 - a Sports Packet - reading/writing assignment (5 points)
 - [PE Absence Activity Log](#) (online access: please make a copy of template)

Any absence that is 5 days or longer needs to be rearranged with the attendance clerk and an Independent Study Contract will need to be completed. Please notify the school at least 2 weeks in advance of the planned absence.

Tardiness is unacceptable, points may be deducted from class participation and/or detention may be assigned for repeated offenses.

- Students who are tardy and/or miss 20 minutes or more of class will be expected to complete an absence make-up assignment

Excused Participation

Students that are well enough to attend school are expected to participate in physical education. **In order to be excused from physical activity, students must bring a signed parent/doctor's note to their PE teacher.**

A parent/guardian note is good for 1-3 days and must specify the length of time or will be considered an excuse for 1 day only. Anything beyond three (3) class days requires a doctor's note.

- Students who are in class, but cannot fully participate in physical activity will have a written PE assignment or alternative activity to complete in class to earn their participation points.
- Female students will need a **doctor's note** to be excused due to their menstrual cycle. **Exercise** is the best way to relieve these symptoms.

Communication:

ParentSquare will be used for mass communication from the teacher to student families. Please make sure to create an account and/or download the app to receive these messages.

Any student who is in danger of failing the course (grade below a "C") will have parent notifications via ParentSquare and/or direct email. The parent and student are responsible for checking Aeries on a regular basis for grade updates.

If questions and/or concerns should arise regarding your child and/or the class, please contact the teacher first so we can collaborate to resolve the concern. Website:

<https://www.jsusd.org/domain/395> and Email: mbibat@jsusd.org